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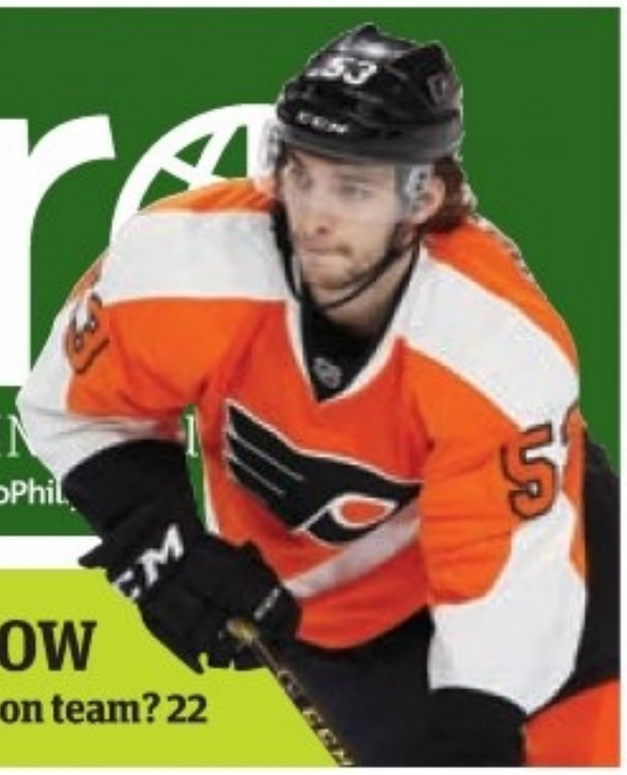
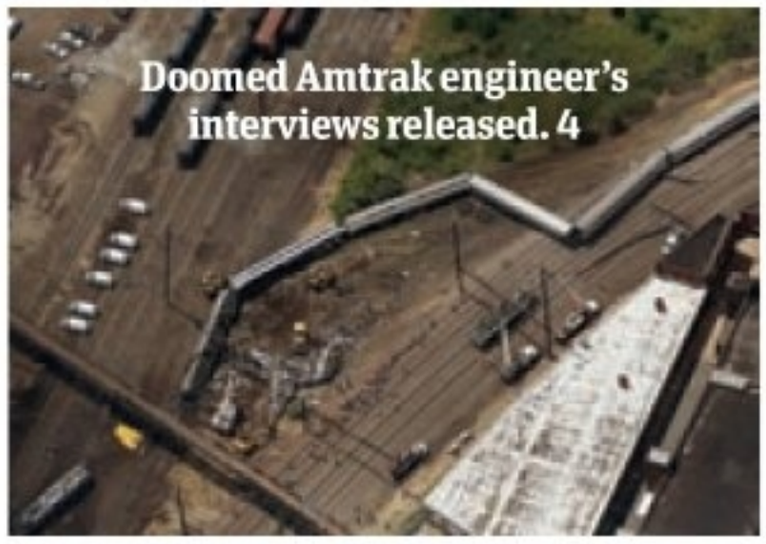


PLAYOFF PUSH STARTS NOW

Can the Flyers close the gap and become a postseason team? 22



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CASTOR ON COSBY

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CHIPOTLE SAFETY

1 Two E. coli outbreaks linked to Chipotle that affected more than 50 people across 14 states appear to be over, the Centers for Disease Control and Prevention said. The regulator said investigators were not able to identify the ingredient that was responsible for the contamination. Chipotle has been grappling to overcome a series of food-borne illnesses linked to its chain since October that have driven away diners. REUTERS

3,600 SYRIANS FLEE

2 More than 3,600 Turkmens and Arabs fleeing advancing pro-government Syrian forces in the north of Latakia province have crossed into Turkey during the past four days, Turkish disaster agency AFAD said Monday. A Turkmen official said several thousand more migrants were expected as a camp mostly sheltering Turkmens in the Syrian village of Yamadi was being evacuated after the pro-government forces backed by Russian air strikes advanced. REUTERS

YAHOO TO CUT 15% OF JOBS

3 Yahoo Chief Executive Marissa Mayer is set to reveal cost-cutting plans that include a 15 percent reduction of the Internet company's workforce and the closure of several business units, The Wall Street Journal reported. The plans are expected to be announced after Yahoo reports its fourth-quarter results, the Journal reported, citing people familiar with the matter. REUTERS

TEMPLE PROTEST

7 Dozens of students stood up individually or in groups to disrupt a general meeting between students and Temple President Neil Theobald about the construction of a new football stadium, protesting the lack of community input and shouting, "Where is the community," at Temple University on Monday. The disruptions became so constant and widespread that the meeting abruptly ended early, and students were threatened with university code violations.

MAIN PHOTO BY CHARLES MOSTOLLER, ALL PHOTOS BY GETTY IMAGES

WOMAN STARVED DOG

4 A West Philly woman was fined $750 and prohibited from owning a pet for 90 days after she let a German Shepherd starve to death, the PSPCA announced Monday. Jamie Rutledge, 30, was convicted of animal cruelty Monday in absentia after she did not appear in court to fight the charges. SAM NEWHOUSE

FLINT WATER TESTING

5 The Michigan Department of Environmental Quality was set to present a comprehensive plan to federal officials Monday to test lead-contaminated drinking water in Flint, the Detroit Free Press reported. The goal is to come up with a reliable assessment for the water system by April 14, when Michigan's state of emergency is set to expire, the paper said. Officials at the Michigan Department of Environmental Quality could not be immediately reached for comment. REUTERS

COP BUSTED FOR DUI

6 Officer Natalie Crone, 46, crashed into a stopped police cruiser after leaving a benefit last Thursday for wounded officer Jesse Hartnett, who was recently shot in an allegedly ISIS-inspired attack, reports said. The cop in the car was taken to a hospital for a back injury. Crone is charged with DUI, simple assault and recklessly endangering another person. SAM NEWHOUSE

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The train driver's own words

Investigators and first responders work near the wreckage of Amtrak Northeast Regional Train #188. GETTY IMAGES

Metro interviewed the doomed Amtrak train's engineer, Brandon Bostian, about the fatal crash.

SAM NEWHOUSE
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sam.newhouse@metro.us

A massive docket of approximately 2,200 pages dumped online Monday by the National Transportation Safety Board from their investigation into Amtrak #188 derailment includes two interviews by officials with Brandon Bostian, the engineer who was driving the doomed train before it crashed in Philadelphia in May 2015.

"A fairly uneventful trip," was how Bostian described the train's trek from Washington, D.C., to Philly in an interview with investigators conducted on May 15 — three days after the crash, while Bostian in his own words still felt "groggy" from a concussion sustained during the crash.

"I don't remember anything particularly out of the ordinary," Bostian told investigators.

The National Transportation Safety Board (NTSB) posted the interviews online Monday as part of a docket that included factual materials that investigators and regulators found during their investigation of the crash that killed eight and injured more than 200.

106
MPH, THE TRAIN'S SPEED AT THE MOMENT OF THE ACCIDENT

The Amtrak train accelerated to 106 mph in a 50 mph speed-limit zone at the curve in the tracks between Port Richmond and Kensington.

"Unfortunately, the last memory I have on the way back is approaching and passing the platforms in North Philadelphia," Bostian told investigators. "I remember turning on the bell, and the next thing that I remember is when I came to my senses I was standing up in the locomotive cab after the accident. I got my cellphone out of my bag. I turned it on."

Philadelphia police took a blood sample from Bostian at the crash scene while he was being treated by first responders for a concussion, a cut to his left knee, a sprain to his right knee and cuts on both shins, he said in his interview.

Bostian, the driver PROVIDED

After Bostian was discharged from the hospital, police detained him at a station "for many hours" until he retained counsel, he said in the interview.

The NTSB board will meet in the spring to vote on determining the "probable cause" of the derailment. NTSB officials have already indicated that the train derailment was not caused by track, signal, or train car problems, and have said Bostian was not using his phone or intoxicated at the time of the crash.

One factor may have been "situational awareness" — meaning that Bostian simply forgot where he was and forgot to slow the train down.

But Bostian in his interview told investigators he was "pretty comfortable" with the Philadelphia area, and that he had worked on the route he was traveling that night five times a week for approximately three years.

The release of these files by the NTSB indicated the conclusion of the fact-finding phase of the NTSB investigation. This factual material will be evaluated by the NTSB board at a spring meeting.

"I don't remember anything particularly out of the ordinary."
Bostian

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Acela train struck by mystery object

The damage to the window caused by the object. TAYLOR LORENZ, TWITTER

Transportation authorities are determining what struck a high-speed Amtrak Acela train as it passed through Philadelphia on Sunday night.

Just before 7 p.m., a northbound Acela headed from Washington, D.C., to New York City suffered a cracked window after it was mysteriously struck by an object as the train passed through Philadelphia's Bridesburg neighborhood, ABC reported.

"There was this giant boom. It almost sounded like this tray table had dropped really hard and strong and loud," passenger Taylor Lorenz told CBS in a related article. "Immediately everybody looked at it and said, 'Oh my God, it's a gunshot. Is that a bullet in there? What's going on?'"

Images posted on social media showed the damaged window after it had been struck.

The train was later stopped at the Metropark Station in New Jersey so inspectors could check for other damage, ABC added. There was none, and the train continued to its destination, New York's Penn Station.

No crew members or passengers were injured in the incident, according to CBS. JASON NUCKOLLS

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Fattah Jr. faces years of lockup

Fattah Jr. FILE PHOTO

Chaka Fattah Jr. could face five years in prison at sentencing scheduled for Tuesday in federal court for bank and loan fraud.

The son of embattled Congressman Chaka Fattah Sr., whose own fraud trial is scheduled to begin May 2, was convicted in November after representing himself as his own lawyer at trial.

Fattah Jr. failed to dissuade jurors from finding him guilty of bilking the School District of Philadelphia by inflating budgets at a charter school he was serving as a consultant for a $450,000 contract.

The CEO of that school, Delaware Valley High Schools, David Shulick, was never charged with a crime.

Federal prosecutors at trial argued that Fattah Jr. had lived off bank loans for phony businesses for years.

Fattah Jr. argued that he was a legitimate businessman, and that he was being prosecuted in an attempt to pressure him into testifying against his father.

After he was convicted, Fattah Jr. argued he had inadequate counsel because he lost his consulting job and became unemployable after a 2012 raid of his apartment by the IRS and FBI was covered extensively in local media.

He filed his own lawsuit against the government for the raid, and predicted that he would win millions from the IRS and FBI after an FBI agent admitted during his trial to leaking news of the raid to the Philadelphia Inquirer.

But Fattah's lawsuit was thrown out by a judge in December over his failure to respond to court filings, the Inquirer reported.

Fattah Jr. did not respond to a request for comment, but remains active on social media. He recently posted an image on Twitter with a Johnny Depp quote: "I think the thing to do is enjoy the ride while you're on it."

SAM NEWHOUSE

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Cosby GETTY IMAGES

Ex-Montco DA's cred at stake in Cosby case

In an ironic twist, former Montgomery County DA Bruce Castor will be "on trial" Tuesday at a hearing on sex assault charges against Cosby.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

All eyes will be on the testimony of a former prosecutor at a pretrial hearing on sex assault charges against disgraced comedian Bill Cosby on Tuesday where a judge has the power to throw out the whole case.

Bruce Castor, the former Montgomery County district attorney, is expected to testify Tuesday that current DA Kevin Steele — who campaigned against Castor to victory last year — is not allowed to charge Cosby because of a promise Castor made while in office.

Steele has rejected that argument, countering that "only a judge may issue a grant of immunity, which was not done in 2005 or since."

Cosby is charged with aggravated indecent assault for allegedly sexually abusing former Temple University basketball coach Andrea Constand in 2004 at his Elkins Park mansion. That case is built heavily on Cosby's deposition for Constand's civil suit against him, in which he acknowledged giving her drugs before digitally penetrating her.

Cosby's lawyers said Cosby only gave up his Fifth Amendment right against self-incrimination because of a non-prosecution agreement between Castor and Cosby's former lawyer Walter Phillips, who died last year. Castor has backed up that version of events, which, however, was never entered into any legal record.

Cosby's lawyers argued in a motion to dismiss charges that "then-District Attorney Bruce Castor promised in 2005 that Mr. Cosby would not be charged in connection with these allegations, in exchange for Mr. Cosby giving testimony in the complainant's civil case against him … the probable cause affidavit is using the very testimony Mr. Cosby provided in reliance on that agreement against him as a basis for the charges."

As the agreement was off the record, some lawyers said it would not be legally binding.

> *"A promise by one DA does not bind the successor."*
> Frank Hurley

"A promise by one DA does not bind the successor," New York defense lawyer Frank Hurley said of the agreement.

But Las Vegas defense lawyer Nicholas Wooldridge said a judge might find a verbal agreement legally binding.

"Cosby could move to have the deposition testimony kept out of his criminal trial, under the theory that the prosecution only got that testimony because of its promise to Cosby," Wooldridge said. "This was the same county and same office, so promises/representations made by the previous DA could be binding on the successor DA."

If they lose on this, Cosby's lawyers are almost certain to appeal the issue to a higher court — and appeals could tie the case up for months, if not years.

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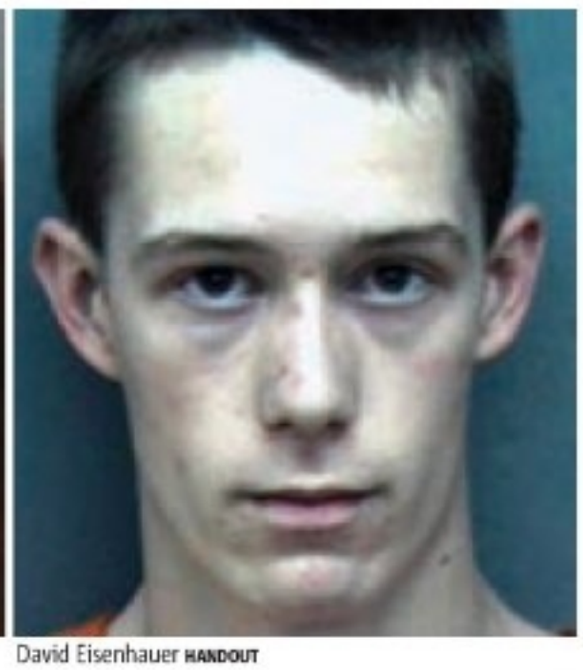
Va. Tech students appear in court over murder of 13-year-old

Natalie Keepers



David Eisenhauer HANDOUT

The pair have been charged with the abduction and murder of the girl.

Two Virginia Tech students charged in the abduction and murder of a 13-year-old girl and dumping her body in North Carolina did not enter a plea when they appeared in court on Monday.

Police have not said how Nicole Lovell, from the college town of Blacksburg, Virginia, died on or about Jan. 27. An arrest warrant said, however, that a gun was not used to kill her.

An autopsy was being performed Monday and the report was not expected until just before the next court hearing on March 28, the office of the prosecutor said.

David Eisenhauer, 18, a freshman engineering student and member of the cross country team at Virginia Tech, has been charged with abduction and murder. Lovell's body was found Saturday about 100 miles from her home.

Another engineering student, Natalie Keepers, 19, also was arrested over the weekend and is charged with improper disposal of a body and accessory after the fact in the commission of a felony.

Both students appeared before a judge on Monday in nearby Christiansburg, Virginia.

Eisenhauer was appointed a lawyer and would remain in jail without bond, a court clerk said. Keepers, dressed in an orange jail jumpsuit, appeared to cry softly as a judge read her charges. She said she had retained a lawyer.

Blacksburg police have said Eisenhauer and Lovell became acquainted before her disappearance. A police spokesman declined comment about how they met, and phone calls to family and friends were not immediately returned.

But details about Keepers began to emerge on social media.

A LinkedIn profile that appeared to match Keepers' background said she volunteered on and off at Our Savior Lutheran Church in Laurel, Maryland. The page said she helped oversee a retreat.

Eisenhauer attended Wilde Lake High School in Columbia, Maryland, according to a now-deleted page from the Virginia Tech cross country team's online roster.

REUTERS

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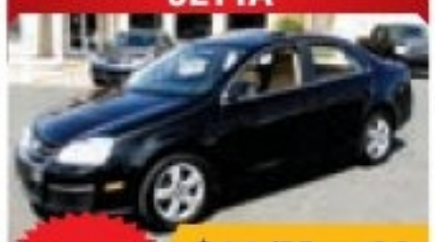

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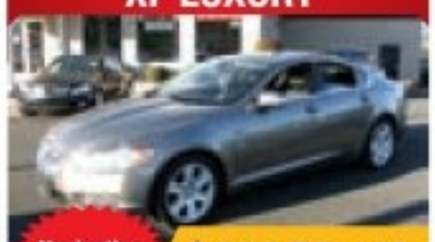

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Super Bowl security tight after Paris attacks, no specific threat

Super Bowl 50 will be one of the most highly guarded sporting events in U.S. history as security services pile resources into preventing any repeat of the deadly attacks in Paris and San Bernardino, although officials have said there is no specific or credible threat to Sunday's game in the San Francisco Bay Area.

November's attacks in the French capital by gunmen linked to the Islamic State militant group included suicide bombings near entrances to the national stadium as a soccer game was underway, provoking fears of attacks targeting crowds attending big sporting events elsewhere.

Federal U.S. security officials are tight-lipped as to how their plans differ for this year's National Football League championship game from previous Super Bowls, where security is always tight.

A pilot wears a Denver Broncos hat with the the team on board. GETTY IMAGES

But hundreds of U.S. law enforcement agents are moving into the Bay Area in the week leading up to the game, to be held at Levi's Stadium in Santa Clara, some 50 miles southeast of San Francisco.

The FBI will be deploying commando-style SWAT teams, officials said, as well as bomb experts and evidence-collection technicians so that specialists are in place should the worst happen.

"This is a high-profile target," said David Johnson, special agent in charge of the FBI's San Francisco field office

The FBI will have helicopters and planes in the air over the stadium, Johnson said, and security will be tight at game-related venues.

Officials with the Department of Homeland Security will set up a giant X-ray machine to screen all cargo going into the stadium, among other tasks, spokeswoman Marsha Catron said.

The Transportation Security Administration is sending "VIPR teams" (visible intermodal prevention and response) that include so-called "behavior detection officers" to watch over crowds, she added, especially at busy locations such as train stations.

"A terrorist group would receive a great deal of publicity (if they attacked it), which is what they are looking for." Johnson

The Super Bowl is considered the second-highest threat environment under U.S. federal guidelines, a notch below what is called a National Security Special Event, which includes summits of world leaders and presidential inaugurations. REUTERS

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Britain gives scientist go-ahead to genetically modify human embryos

Scientists in Britain have been give the go-ahead to edit the genes of human embryos for research purposes, using a technique that some say could eventually be used to create "designer babies."

Less than a year after Chinese scientists caused an international furor by saying they had genetically modified human embryos, Kathy Niakan, a stem cell scientist from London's Francis Crick Institute, was granted a license to carry out similar experiments.

"The Human Fertilisation and Embryology Authority has approved a research application from the Francis Crick Institute to use new 'gene editing' techniques on human embryos," Niakan's lab said on Monday.

It said the work carried out "will be for research purposes and will look at the first seven days of a fertilized egg's development, from a single cell to around 250 cells."

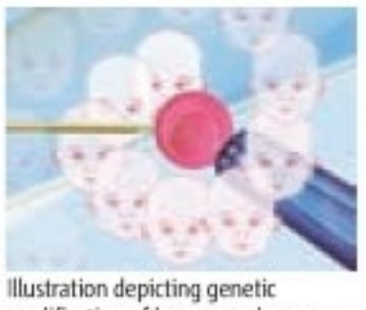

Illustration depicting genetic modification of human embryos. GETTY IMAGES

The scientists will not be allowed to develop the modified embryos for clinical purposes or implant them into any women.

Niakan plans to carry out her experiments using what is known as CRISPR-Cas9, a technology that is already the subject of fierce international debate because of fears that it could be used to create babies to order.

CRISPR can enable scientists to find and modify or replace genetic defects. Many experts have called it "game-changing."

David King, director of the UK campaign group Human Genetics Alert, said Niakan's plans would eventually lead to "a future of consumer eugenics."

"This research will allow the scientists to refine the techniques for creating GM babies," he said in a statement.

But Sarah Norcross, director of Progress Educational Trust, which campaigns for ethically sound research in genetics, said the HFEA's decision was "a victory for level-headed regulation over moral panic." REUTERS

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Rob Kardashian goes the distance for Blac Chyna

As usual, keeping up with the Kardashians is like its own varsity sport. The controversial rumored relationship between Rob Kardashian and Blac Chyna continues to seem more and more legit. According to TMZ, Rob drove more than 1,300 miles to Austin to pick up Chyna following her arrest in an airport for public intoxication. Now that's dedication, huh? Meanwhile, a source tells Us Weekly that Rob has been kicked out of sister Khloé's house, because she feels betrayed. It's no surprise, considering the drama-filled history between Chyna and the Kardashian-Jenner fam. These two are like a modern Romeo and Juliet.

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mom just reminded me I used to pay 10 tickets at the school carnival to sit in a jail cell. I was an idiot

Cindy Crawford: no plans to retire

Cindy Crawford is denying those rumors that she planned to retire from modeling this month, saying she had made no final statements and that her "retirement" was a running joke in her family. The 49-year-old supermodel appeared to suggest her retirement in an interview with a magazine last week, but today, wrote on her Instagram that "not all headlines tell the whole story." She continues: "Every year, I tell my kids I'm retiring. It's a running joke in our family. And yet every year, opportunities pop up that really excite me. While it's true that I'm eager to shift my focus a bit to concentrate on my businesses, friends and family — I'm not making any final statements."

Even Obama gets a Drake shoutout

During a recent convo with YouTube star Adande Thorne (aka sWooZie), President Obama was asked a very important question: Kendrick Lamar or Drake? He chose Lamar, and suffice to say, the "Degrassi" alum didn't take the loss lightly.

In Drizzy's latest track "Summer Sixteen," he gives the President a shoutout, saying, "Tell Obama that my verses are just like the whips that he in, they're bulletproof." Considering Jennifer Lawrence and Kanye West have previously been referenced in Drake verses, Barack is in good company. Plus, it probably ups his cool cred with Sasha and Malia.

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Remembering when the Juice was loose

Malcolm-Jamal Warner says "The People v. O.J. Simpson" says as much about today as it does about then.

MATT PRIGGE
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Cuba Gooding Jr., left, plays the Juice in the miniseries "The People v. O.J. Simpson," which begins its 10-episode run on FX at 10 p.m. FX

Like all of us, Malcolm-Jamal Warner remembers where he was when O.J. Simpson took to the L.A. freeway in a white Bronco, leading half of the city's police in a pursuit that dominated the TV airways. For the record, he was at home folding clothes. Now the former "Cosby Show" star is in the chase itself. In "The People v. O.J. Simpson," a 10-part FX miniseries from "American Horror Story" maven Ryan Murphy, he plays Al Cowlings, Simpson's best friend who did the driving during that wild ride.

Cowlings has stated he'd sue the producers if he wound up being portrayed negatively. But he doesn't come across badly at all.

There's not enough about him to paint a bad picture. What you see is a guy who's really there for his best friend, not knowing if he's guilty or not. He was a ride-or-die best friend. I really think if O.J. and A.C. had remained friends after the trial, O.J. would not be in jail now. He wouldn't have allowed him to do dumb s—.

The show clearly means to comment on the '90s but also the present.

This is a period piece about 20 years ago, but it still feels contemporary, because a lot of issues are still the same. It definitely reminds you that police brutality was just as prevalent back then as it is now. We think about the trial and we forget about the Mark Fuhrman aspect of the case. [Ed. note: Fuhrman was the detective caught during the trial perjuring himself over use of racist language.] The trial is a confirmation of how a lot of people on the police force view the black community.

Warner, Grammy-winner

In addition to acting, you're also a musician who won a Grammy last year for the song "Jesus Children of America." You're even named after jazz pianist Ahmad Jamal, as well as Malcolm X.

My dad wanted me to be a jazz pianist. When I finally picked up the bass at 26 years old, he was elated. I've always been into music, been a part of the hip-hop community. I've always had drum machines and keyboards and four-tracks. I tried to rap like any teenager. What it's turned into in my adult life has been creatively fulfilling for me.

When we got the nomination, my mom said to me, "Well, look, baby, it only took you 20 years." Her point being there are musicians who've been in the business all their lives and never got a nomination, let alone an award. She said, "You've been putting in your time."

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3 New books about race in America that will change the way you think

Black History Month should by no means be the only time we reflect on racism — both how far we've come and how much more progress needs to happen — but several new book releases are giving us an extra reason to be mindful.

"Blackballed" by Lawrence Ross

As news headlines continue to remind us, there is a race war on college campuses across America today. "Blackballed" exposes how fraternities and sororities at predominately white colleges and universities are still blatantly racist, both on personal levels and an institutional level.

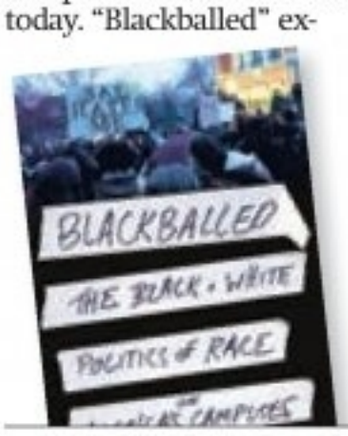
"Hannah Mary Tabbs and the Disembodied Torso" by Kali Nicole Gross

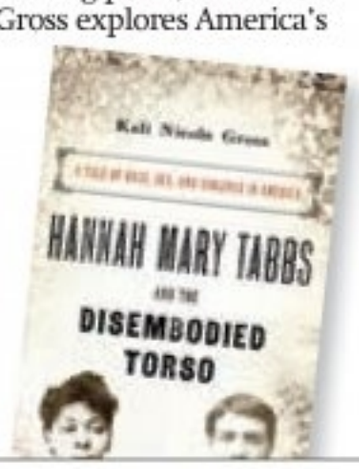
Using an 1887 murder of a mixed race victim as a starting point, Kali Nicole Gross explores America's complicated history with race, sex and violence.

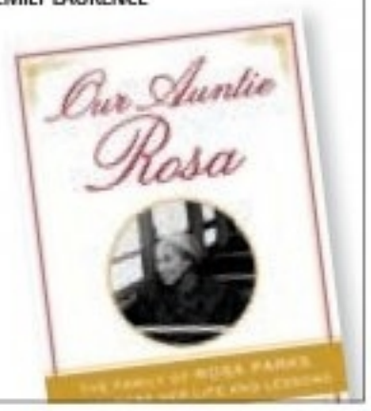
"Our Auntie Rosa" by Sheila McCauley Keys

Most people know the story of Rosa Parks, who courageously took a stand, refusing to sit in the regulated back of the bus section for blacks. But for the first time in "Our Auntie Rosa," her family shares parts about Parks' life that have never come to light.

EMILY LAURENCE







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Kali Hawk thinks Christian Grey is disturbing

The actress says "Fifty Shades of Black" shows the dark side of a best seller.

MATT PRIGGE
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In "Fifty Shades of Black," a parody of you-know-what, Kali Hawk plays Hannah, the analog for the book and movie's Ana: a submissive lit student who finds herself involved in an S&M relationship with a creepy billionaire (Marlon Wayans, who also co-wrote). The version of the female protagonist played by Hawk, 29 — of "Black Jesus," "New Girl" and "Couples Retreat" — is even brainier and shows up the romance as powerfully creepy and disturbing.

In the book and movie, Ana's relationship with Christian Grey isn't healthy or romantic.
It's disturbing! It's a relationship that's based on abuse and very predatory manipulation. She says, "I don't want to see you," and he shows up at her house anyway. He uses sex as a weapon. I felt that as a woman this movie was great for me to do, because I wanted to present the humor in the idea of a person like Christian doing this crap and being seen as romantic. The idea of some f—ing a—hole coming along and forcing his way into your life and your pajamas being seen as some great romantic archetype — that was the stupidest thing I'd ever heard, and dangerous as well. We had the opportunity to show how ridiculous that is.

So you think the movie is a commentary on that?
It definitely is. This movie will speak to the people who found fault with many of the ideas being presented as romantic in the original book and the movie. [Christian's] completely lacking in empathy. If you Google "ways to know you're dating a sociopath," at least six of them describe Christian Grey.

The "Fifty Shades of Grey" movie gets a lot of bad press, but some of it is good. Dakota Johnson is subtly funny in it.
I love Dakota Johnson in the movie. I wanted to make sure my portrayal of this character wasn't taking anything from her, but that I was doing a more extreme version. Marlon and I were improvising and I told him I was going to take him to the Stephen Hawking exhibit and f— him till there was a tear in the time-space continuum.

Pain is comedy

This is one of the few opportunities you've had to do physical comedy. There's a gag in the trailer where an elevator closes on your face.
That's me! That's my face! There is no movie magic that is that good. That's why it's funny. They tried to be very gentle about it, and it wasn't funny until — I won't say it was an accident — somehow in the making of it, I got knocked around. I knew that was going to be the take they used, because it was real. I still have ringing in my ears. I'm definitely more of a Dennis Miller than a Chris Farley. I'll take "painless comedy" for a thousand, please, Alex.

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Kali Hawk, with Marlon Wayans, plays the Ana analog (named Hannah) in the "Fifty Shades of Grey" parody "Fifty Shades of Black." OPEN ROAD FILMS

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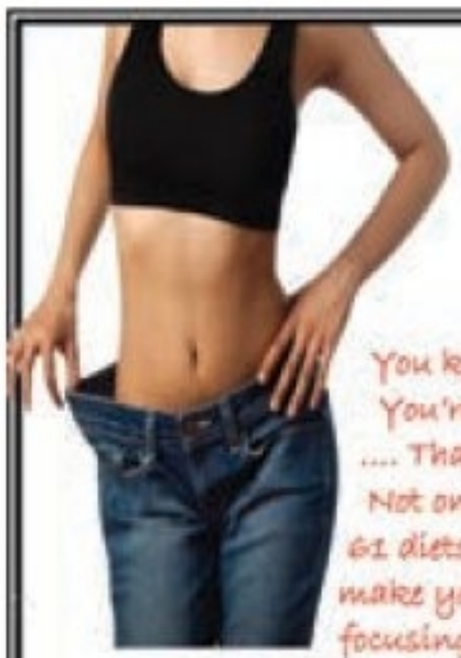

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Expert says Zika virus outbreak will get 'much worse'

Countries of the Americas prepare to fight coming epidemic.

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A patient suffering from Guillain-Barre syndrome, caused by the Zika virus, recovers in the neurology ward of the Rosales National Hospital in San Salvador, El Salvador. GETTY IMAGES

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The World Health Organization has warned that the Zika virus is likely to spread across almost all of the Americas. The infection, which causes symptoms such as headaches, conjunctivitis and mild fever, has been found in 21 countries in the region.

Zika is transmitted by the bite of Aedes mosquitoes, which are found in all of the Americas, apart from Chile and Canada. Australia has already warned pregnant women not to travel to affected areas, including Micronesia, French Polynesia and Latin America, as they could give birth to babies with defects that impact brain development. Daniel Lucey, adjunct professor of microbiology and immunology at Georgetown University Medical Center, explains how the virus will impact the region.

The World Health Organization says Zika will hit most of the Americas. Are countries prepared for the virus?
Each country has started to get ready and several, especially Brazil where the virus was first recognized in May 2015, are more prepared.

What kind of preparations should they be making?
The strategies and specific tactics in preparation for the Zika pandemic are specified in the Zika Web page of the Pan American Health Organization, which is the regional office for the Americas of the World Health Organization. Broadly speaking, these strategies include eliminating places where the Aedes mosquitoes live and breed, increasing testing and surveillance for persons infected with Zika and advising women who are pregnant or planning to become pregnant about potential issues related to this viral infection.

What impact could Zika have on the region?
Beyond the current reported impact, the approaching February Carnival of Brazil celebrations and August 2016 Olympics will mean many more visitors from around the world could be exposed to the virus.

What are the other major threats to human life?
Already several countries have advised that pregnant women should consider postponing travel to nations with ongoing Zika infection.

Is it a global problem?
Yes, but so far, the World Health Organization has not issued a global travel notice, alert or warning in regard to the Zika virus.

Could the virus be heading for Europe?
The European Center for Disease Control and Prevention just issued on Jan. 21 a comprehensive risk assessment for the possibility of the Zika virus coming to Europe. To date, very few cases have occurred in Europe.

How should the global society confront the virus?
The virus needs to be tackled through coordinated, effective, transparent international leadership, including by the World Health Organization headquarters in Geneva.

What can we expect in the coming months?
The situation will likely become much worse in the coming weeks and months. Coordinated, effective, operational global health leadership must increase. Research translated quickly into ways to control the Aedes mosquitoes that spread the virus (as well as dengue virus, chikungunya virus and yellow fever virus) must take place. Urgent research to develop antiviral drugs and vaccines for Zika virus has started but must be rapidly accelerated.

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3 Ways to avoid a workout slump

It's not easy to stay active when it's frigid out. It's dark and cold when you wake up, making leaving your warm, cozy bed to head to the gym seem downright torturous. We also tend to eat heartier, carb-heavy food in winter, so it's easier to pack on the calories. To combat the temptation to be a couch potato during the coldest, darkest months, here are three ways to beat the winter workout blues.

YouTube has a ton of free workouts anyone can do right at home. ISTOCK

Use YouTube as your personal trainer

Good news — you don't have to leave your apartment on the days when it's freezing out just to get a workout in. Fitness gurus Jillian Michaels, Cassey Ho and Amanda Russell — and countless others — all upload routines on YouTube that anyone can watch for free. Whether you want to strengthen your abs, get a bangin' booty or tone all-over, their workouts will get your heartbeat up.

Make your fave Saturday night out activity your cardio

Dancing with your friends totally counts as a workout; it burns roughly 400 calories an hour, according to Calorie Lab. Instead of saving your dance moves for weekend nights out, invite your friends to hit up a workout dance class like Blood, Sweat and Tease's popular burlesque bootcamp or Vixen Workout's Beyonce dance class, where you learn the same choreography Bey did. Trust us, you'll be sweating!

Reward yourself in advance

Sometimes, nothing can beat the high of finishing a good outdoor run or going hard at the gym. It just takes a little extra motivation to get there. Reward yourself in advance with something you want that you will only be able to use while working out: flashy new kicks, those Beats earbuds you've been eyeing, a playlist of songs you love that you vow to only listen to while working out… If you're running outside, a good rule is to dress as if it's 20 degrees warmer, Runner's World's spot-on advice.

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Here's what the Flyers must do to make playoffs

Is it too tall a task for the Flyers to make a run at a wild card spot this winter?

ERIC GOLDSTEIN
@EricEsponda
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The Flyers have a few games in hand, but must make up at least five points to get in the conversation again. GETTY IMAGES

The Flyers' chances of qualifying for the Stanley Cup playoffs look rather dim after taking a quick glance at the Eastern Conference standings.

They are buried in seventh place in the Metropolitan Division and six points behind the third place Islanders, who hold the final automatic divisional berth. Then, the Flyers still trail the Penguins and Devils, who are tied for the last wild card spot, by five points. Making matters worse is they also need to leapfrog the Senators, Canadiens and Hurricanes.

After delving a little deeper, though, the Flyers have played anywhere from two to four fewer games than the teams they are chasing and they have one of the top records in the conference in the last six weeks.

So the playoff chase should be interesting in the second half. Here are the five things the Flyers must do to be one of the eight teams that make the playoffs.

Have better starts

The good news: The Flyers have scored the first goal in eight of their last 10 games. The bad news: They finished the first period with the lead in just two of them. Overall this season, the Flyers have gone into the first intermission with a lead just six times — but are 5-1 in those contests. This pattern of sluggish starts and playing from behind has to change.

Take control of their own destiny

The Flyers play seven of their first 10 games in February against teams ahead of them in the conference. There is no quicker way to make up ground in the playoff race than to beat the teams they are chasing. It starts with Tuesday's game against Montreal, which is only two points ahead of the Flyers but has also played three more games. The team's performance this month will determine whether they are buyers or sellers at the trade deadline on Feb. 29.

Be buyers

General Manager Ron Hextall has repeatedly said the only way he will improve the team through a trade is without mortgaging the team's future — i.e. dealing prospects for aging and expensive veterans. However, if he can acquire a young player that can build with the current core, he will no doubt explore his options. With cap flexibility after last month's trade that sent Vinny Lecavalier and Luke Schenn to the Kings, Hextall should try to add a bona fide goal scorer.

Stay healthy

With little depth in the minor leagues, the team can ill-afford to lose key players for any length of time. An injury to top players Claude Giroux, Jakub Voracek, Wayne Simmonds, Shayne Gostisbehere and either goalie would be lethal.

Special teams boost

Few teams that are ranked in the bottom third in the league in both special teams rarely qualify for the playoffs. The Flyers power play sits tied for 21st while their penalty kill is an abysmal 27th. Without improvement in both areas, there is little to no chance to play in the postseason.

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MACNOW: ROSEMAN IS CALLING SHOTS AGAIN

Howie Roseman is more powerful than ever in the wake of Chip Kelly's departure. GETTY IMAGES

Remember that Kumbaya news conference, when Jeff Lurie spoke of rebuilding the Eagles through the efforts of a collaborative team of executives?

Yeah, well, maybe not. We're now into February and Lurie has yet to hire that "player personnel head" he spoke about. Meanwhile, resurrected GM Howie Roseman led the Eagles delegation at last week's Senior Bowl. And Roseman extended the contracts of three veterans — Zach Ertz, Lane Johnson and Brent Celek. None was urgent. Each could have waited until the new personnel guy came in and offered input.

All, by the way, were solid signings, in my opinion. Roseman got good value.

Although Lurie spoke of "accountability" at his goodbye, Mr. Chip newser, don't hold your breath waiting for the owner to produce a management flow chart. Make no mistake: With a rookie head coach, a supportive boss and a personnel man eventually reporting to him, Howie Roseman is more powerful than ever.

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Fall of a King

Will there still be a FanDuel or DraftKings next football season? GETTY IMAGES

One of the amazing business case studies for the future will be the rapid rise and fall of daily fantasy sports. Last week, a company called Vantiv, which processes payments for DraftKings and FanDuel, indicated it will quit at the end of February. In short, Vantiv's execs fear they could be held liable if federal courts rule that the risky business is, in fact, akin to illegal sports gambling.

This follows government moves in several states — including New York and Illinois — aiming to put daily fantasy sports out of existence.

A decade ago, the idea didn't even exist. In the first half of the 2015 NFL season, the two industry giants spent $250 million on advertising — including $140 million during NFL broadcasts. Suddenly, they're in jeopardy of disappearing quicker than they rose.

For what it's worth, I think it should be legal to bet fantasy sports — as long as state governments are pitching me far-fetched lottery dreams. GLEN MACNOW

Quick hits

- The NHL's three-on-three format provided for the most-exciting All-Star Game in decades. (Yes, that's a low bar.) All-star games are sports' equivalent of junk food, but every once in a while, a Shake Shack burger and chocolate shake do the trick nicely.
- It's piling on now to call out CBS officiating expert Mike Carey for his ineptitude. But I'm betting "yes" on the proposition wager that Carey botches a call during the Super Bowl. Also, every time Nantz and Simms call on Carey, doesn't it sound like they just roused him from a nap on his couch?
- You'll hear the name Carson Wentz 65,736 times between now and draft day as the North Dakota State QB becomes this year's must-have pick for Eagles fans. Problem is, with four teams ahead of them looking for a new quarterback, the Eagles seem to stand not much more chance of getting Wentz than they did of drafting Marcus Mariota last year.
- For what it's worth: Carolina 27, Denver 14. Cam Newton's coronation. GM

Claude Giroux GETTY IMAGES

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Due to inclement weather, the January 25, 2016 WOLCS Board of Trustees meeting was cancelled. The meeting has been re-scheduled for Monday, February 8, 2016 from 6:00 PM to 8:00 PM at West Oak Lane Charter School, 7115 Stenton Avenue, Philadelphia, PA 19138.

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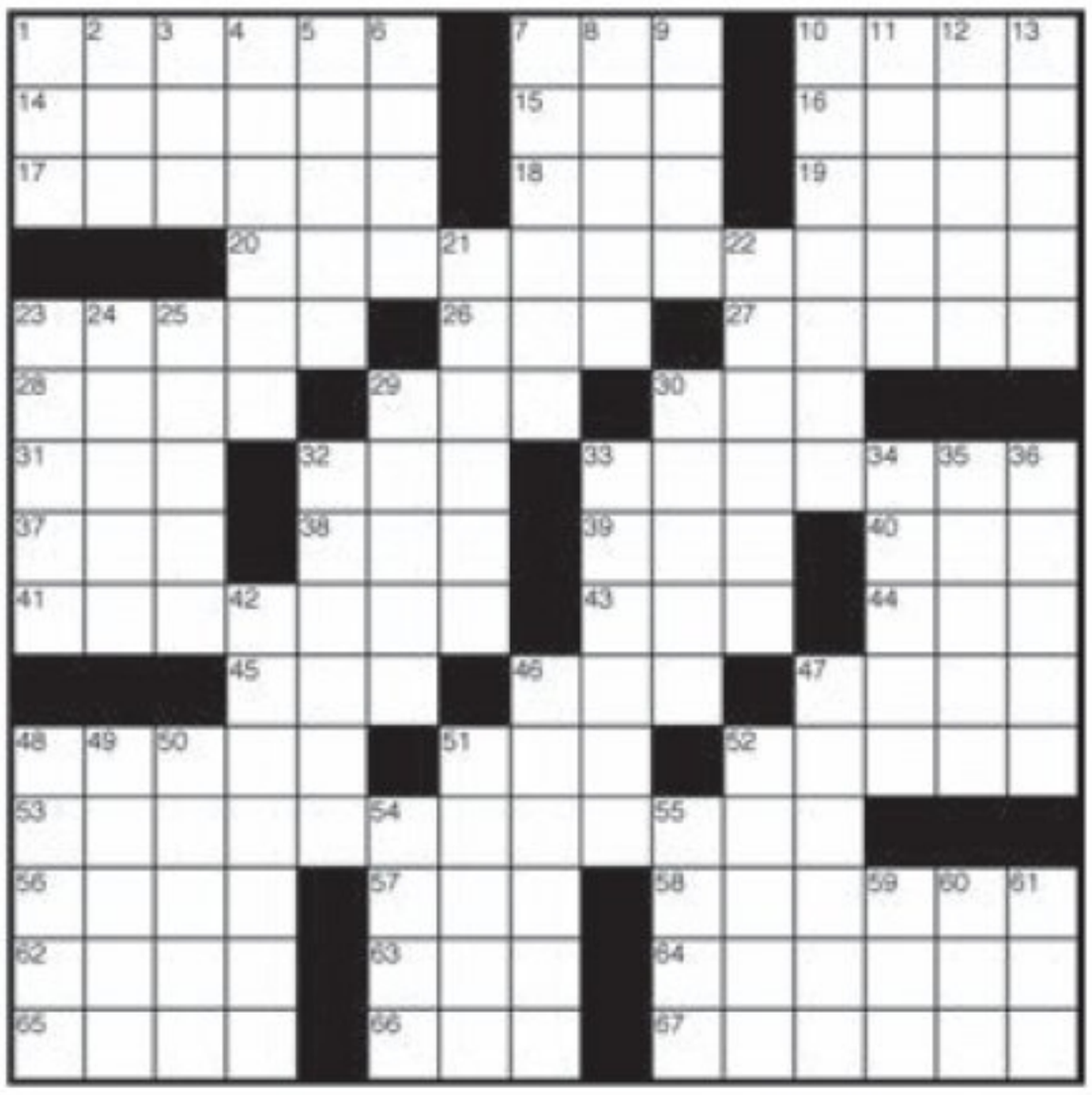

Across

1 Ice-skate blade
7 Funny-peculiar
10 Handfuls of cotton
14 Lift, so to speak
15 Yes, in Yokohama
16 No future — —
17 Caught sight of
18 Space widths
19 PBS series
20 End-of-winter fest (2 wds.)
23 The slow lane
26 Get a taste of
27 Demeanors
28 Andy's friend
29 Sauce in a wok
30 Cave, perhaps
31 Feb. predecessor
32 Janitor's tool
33 Toes, informally
37 Develop
38 Cotton gin name
39 Wanted-poster abbr.
40 So long!
41 Medicinal brew (2 wds.)
43 Matter, in law
44 Thus, in citations
45 Vegas lead-in
46 Loop trains
47 Polite chap
48 George of "Blume in Love"
51 "Alice" waitress
52 Twinges
53 First stirrings of spring (2 wds.)
56 Force to flee
57 Half of hex-
58 Tided over
62 Sidle past
63 Charged particle
64 Emulate Yeager
65 Dandelion
66 Opposite of post-
67 Hummer lure

Down

1 Rural addr.
2 Cousins of "um"
3 Just barely win
4 Whinnies
5 Goolagong rival
6 Overhaul
7 William S. Porter (2 wds.)
8 Beau Brummell, notably
9 Potluck choice
10 Wounding slightly
11 Battery terminal
12 Couch
13 Corset
21 Perfect world
22 Alphas' opposites
23 Indian ruler
24 Snapshot
25 Dead duck
29 Fixes a pump
30 Levees
32 Iron and lead
33 Seldom-used room
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35 Checking out
36 Factions
42 Went through rock
46 Seinfeld pal
47 Vampire repellent
48 Tool box item
49 Form a butte
50 Overcharge
51 Uproar
52 Rub the wrong way
54 Swab (hyph.)
55 Easier said — done
59 Overly glib
60 LAX info
61 Van — Waals force

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easy

					9	1		5
1	2		6	4				7
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	8	6			1		9	
			3		4			
	7		2			6	3	
			1			5		
8				5	6		7	3
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hard

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	1						4	
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Aries Keep a low profile and a close watch on what others are up to. Not revealing the way you feel will help you bypass discord. Work on personal progress, not trying to change others.

Taurus Concentrate on picking up information, new skills or more experience. Talk about your intentions and how others fit into your plans. A business trip will pay off.

Gemini Subtle changes and close attention to detail will benefit you the most. Don't let anyone limit what you can do, but at the same time avoid excessive behavior.

Cancer You'll gain experience you need to bring about positive changes if you hang out with someone quite different from you. Romance is encouraged and will improve your life.

Leo Stand up to anyone who tries to bully you. Be prepared to make changes that will help you temper any situation that develops due to a difference of opinion or jealousy.

Virgo Show everyone that you have a sense of humor. If you update your image or appearance, others will notice. Express your feelings in order to improve important relationships.

Libra Don't share too much information. Work behind the scenes until you are able to make your case with the facts and figures necessary to quash the opposition.

Scorpio One of your ideas will be well received. Get together with people who share your concerns in order to make a difference. Love is in the stars.

Sagittarius Assess your situation and make adjustments that better fit your lifestyle. You need the freedom to follow your heart and dreams. Initiate change and eliminate stress.

Capricorn Do something that brings you joy. Take charge and make a difference. Your dedication will gain recognition and impress someone you love. Suggest a romantic evening for two.

Aquarius Make changes that promote personal growth and can help you live up to your goals. Tame a bad habit and strive to give your reputation a boost.

Pisces A passionate approach to life will be appreciated by those you work alongside. Take on a challenge that will help you improve your life.

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